

Your Heart Health and Smoking

Smoking has severe effects on your heart and blood vessels.

Smoking causes coronary heart disease, which is the #1 cause of death in the U.S. And smokers have two to three times the risk of dying from coronary heart disease as nonsmokers.

- In both men and women, smoking has been linked to sudden cardiac death (where the heart stops beating).
- Poisons from cigarettes travel through the blood to every part of your body.
- Smoking clogs the arteries of your heart. Clogged arteries can cause a heart attack or a stroke.
- Smoking low-tar cigarettes does NOT lower your risk of coronary heart disease.
- Even for young adults, smokers' heart rates are up to three beats a minute faster than the heart rates of those who don't smoke.
- Smoking narrows blood vessels, hurting your ability to circulate blood throughout the body. Smokers are 10 times more likely than nonsmokers to get peripheral vascular disease (blockages in the legs).

**Your risk of coronary heart disease is much lower
one or two years after you quit smoking.
And we can help you quit.**



Brought to you by the Vermont Department of Health.

Vermont's Quit Smoking Services

Phone • Local • Online

The Vermont Department of Health offers these services to help Vermonters double their chances of quitting for good.

Free Phone Quit Coaching The Vermont Quit Line



The Quit Line links you with a quit coach who will call you at a time that works for you. Your coach will help you get ready to quit, and will give you tips, advice and support to help you stay quit.

The Quit Line can also link you to a local quit coach or mail out self-help materials.

The Vermont Quit Line can see if you're eligible for free or lower-cost nicotine replacement therapy like patches, gum or lozenges. Call toll free 1-877-YES-QUIT (937-7848) when you want to get ready to quit.



Local Quit Coaching Ready, Set...STOP Program



Each Vermont hospital has a **Ready, Set...STOP** program that offers one-on-one or group coaching to quit smoking. They can also help you get free or lower-cost nicotine replacement therapy.

When you are ready, call the **Ready, Set...STOP** program (at your local hospital). Or, you can call the Quit Line or go to www.TobaccoStories.org to find out how to reach a local quit coach.

Free Online Quit Smoking Service www.VermontQuitNet.com



QuitNet.com is the leading online quit smoking resource. More than 60,000 smokers and ex-smokers visit the site every month to quit smoking or to stay quit.

QuitNet gives you advice, tips and other help to succeed. They figure out what type of smoker you are and send e-mails that fit you. The Vermont Department of Health provides free QuitNet access for all Vermonters, a savings of \$100. Join QuitNet at www.VermontQuitNet.com.

For more info or to share stories, tips and advice, go to www.TobaccoStories.org.

